

## Knee Care Instructions

Keep Your Appointments! Your treatment won't work if you don't come to them and be consistent with your home instructions. Each visit should be held in the same regard as taking a prescribed medication.

After your knee decompression treatments, ALWAYS walk 1-2 minutes before getting into your car. Need to activate muscles after being stretched.

When standing, remember "Ears over Shoulders over Hips, over Knees" and when sitting, keep "Ears over Shoulders over Hips" to remain as straight and tall as possible.

Do not sit with your legs crossed at the knees. This strains the knee joints and lower back. Sit with feet flat on the floor or footrest.

When lifting, spread your feet apart, squat at your hips/buttocks and not bending from the back, always keep your back straight. Hold the weight as close to your body as possible while you lift or carry.

You must have a good FIRM mattress to sleep on with no lumps or sags, because 1/3 of your life is spent in bed. Water beds are not acceptable.

Never sleep on your stomach. Sleep on your side or back with your knees tented/flexed with a pillow either between them (side sleeping) or under them (back sleeping).

When you sleep on your side, support the head and neck so your spine will remain in a straight line (level with the floor) as you are viewed from the front. Your legs should be flexed at the knee with a body pillow between your legs. Ideally keep your "bad" knee on the top.

Do not sleep with more than one pillow under your head. Use a pillow that keeps your head level with the floor/horizon. Your chin should never be tilted down toward your chest. Do not sleep on your side with your neck on the contour of the pillow – the contoured part is ONLY be used while on your back.

Consider purchasing a "Reacher Grabber" by Vive (\$10-20) to help pick things up without bending.

Do not sit longer than 45-60 minutes without moving, standing, or walking for 5 minutes (sitting for your spine and knees is the equivalent of sugar for your teeth - degenerative decay.)

A cane or walking stick can help you keep your balance when you walk. Hold it in the hand opposite the painful knee.

Wear your knee compression brace during the first 4-6 weeks of treatment when you are walking.

Maintain good condition athletic shoes, new ones every year or 600 miles of use. This will reduce the strain on your knees. Consider custom arch supports in your shoes to reduce knee rotation.

In ordinary cases, do not do any running, weightlifting, or rigorous physical activity during the first 4-6 weeks of treatment (unless otherwise instructed) as this will slow or halt your progress - (walking, elliptical & swimming OK).

Avoid exercises that include squatting or kneeling. Ride a recumbent or regular bike if possible. This makes your thigh muscles stronger and takes pressure off your knee.

Stay at a healthy weight. If you are overweight, lose what you need to. When you stand up, the pressure on your knees from every pound of body weight is multiplied 4-6 times. So, **if you lose 10 pounds, you will reduce the pressure on your knees by 40-60 pounds.**